



STEVEN C. KRONLAGE, MD
Hand & Upper Extremity Surgery
— Florida Bone & Joint Specialists —



POST OP INSTRUCTIONS – SHOULDER ARTHROSCOPY

- Most of the time all of the dressings can be removed the second day after surgery. We use a lot of fluid to distend the shoulder joint and this may slowly leak out. Do not be alarmed. It is actually OK to change the dressing post op day one if needed.
- It is OK to come out of your sling to shower (let the arm hang at your side). Do not lift your arm above your head unless we have told you it is OK to do so.
- Do not soak in a tub (bath, hot tub, etc.)
- Do not lift anything or use the surgery arm/hand unless we tell you it is OK.
- If you had a rotator cuff repair or a SLAP repair, active motion of the shoulder is limited for the first 4-6 weeks depending on the nature of the repair.
- We will take sutures out at about 7-10 days post op.
- You may be asked to go to therapy after surgery. It is very important to go. If you are unable to attend PT for any reason, please let us know.
- Use ice bags/packs a lot! It will help reduce swelling and pain quite a bit.
- Please call if you have any questions or concerns.

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